

KATIE NIXON

Power Flow - Chair Yoga - Vinyasa - Restorative Yoga - Gentle Flow - Yin
Yoga - Ayurveda Specialist - Yoga Alliance Registered Teacher



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My goals include curating yoga classes that are accessible to all bodies, creating exuberant spaces for my students, and integrating playfulness into creative movement. Before I discovered yoga, I struggled with chronic back pain from scoliosis. Yoga has given her relief from that back pain! I specialize in creative movement and teaching students how to intuitively listen to the body. I teaches vinyasa, power flow, chair, and restorative classes that are playful, strong, and energetically warm.

EXPERIENCE

Chair Yoga - Online - Present

- Curated a weekly class for private clients of that struggle with limited mobility.
- Taught virtually in my online studio.
- Inspired students who previously believed that yoga was unavailable to them due to their physical disabilities.

Private Coaching - Present

- Created a safe place for students to tap into their spiritual side
- Helped students gain strength and flexibility.
- Created safe classroom environments for students to explore and play.

TRAINING AND CONTINUED EDUCATION

RYT 200 Hour - Yoga and Ayurveda Center - June, 2020

Restorative Yoga Teacher Training and Immersion - June, 2020

Chair Yoga Teacher Training Certification -July 2020

Yin Yoga Teacher Training and Immersion - August, 2020

Ayurveda Specialist Certification - August, 2020

INSURED WITH CANOPY INSURANCE

REFERENCES AVAILABLE UPON REQUEST

